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NUTRITION

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News Letter

WASHINGTON, D. C.

August 1944

ALL SET FOR SEPTEMBER

September 1944, Nutrition Month in the wartime Food Fights for Freedom program, will place an important marker along the way to good nutrition! "Progress personified in promoting the principles and practices of good nutrition"—that's what we'll have when we turn the calendar over to September 1. Never before have we had all hands to the wheel to steer a straight course up the stream to better health through the "better eating" channel! Think what it will mean for the National Nutrition Program to have every broadcasting station, every newspaper and magazine, every food advertisement, every retail grocery, numerous street cars, busses, billboards, and many motion picture theaters, carry a wartime nutrition message, simultaneously, the Nation over! Add to that list all the various types of community organizations and clubs, and then join us in hoping that every man, woman, and child in this country will be reached with the message that is to have the September Spotlight.

The September theme song of advertisers—better breakfasts and lunches, especially for children and war workers—will feature the use of the "Basic 7" food groups in the often-neglected first 2 meals of the day. Many nutrition committees will emphasize good breakfasts and lunches as they feature good nutrition round the clock:

Eat the Basic 7 Way
Have 3 good meals every day!

Details about plans for the promotion of nutrition on a national basis, some suggestions for nutrition committees to follow in leading the September "kick-off" at the State and local level, and samples of some materials have come to you in the Nutrition Kit. Its content is intended to give you the background and foreground of Wartime Nutrition Month's plans, so that nutrition committees will be fully equipped to meet this challenge, our biggest to date!

NUTRITION MARCHES ON!

It's exactly half a century since Congress first appropriated funds to the USDA for research in human nutrition. Think of the nutrition message of 1944 as compared with that of 1894, not to mention the differences in facilities for getting the message to the people!

MAKE THE NEWS LETTER SERVE YOU!

You are reading the first issue of the Nutrition News Letter under the new policy recommended by State chairmen and announced in the June Letter. It is your periodical—a sort of Round Robin letter in which you keep each other informed of some of your activities, exchange ideas, and so keep the feel of working closely together toward a common end.

Our contribution to the Round Robin is to afford a central place for assembling the individual committee messages, and to include as many as possible of them under "notes from the field." Then we add our message from the Washington office, some nutrition items, and some tips about new materials.

Help us keep the Round Robin spirit by sending in the experiences you want to share with other committees, and by telling us frankly how to make this letter most helpful. Remember, the Nutrition News Letter now goes only to members of State nutrition committees and to chairmen and secretaries of county and local nutrition committees. It's all yours. Help us make it what you want it to be.

HOW'S THE NCPRS COMING?

What about the Nutrition Committee Press and Radio Service (NCPRS)—that "exclusively-for-your-use" material? Is it filling a need? The number of you who have requested copies would seem to indicate that it is. Have you anything to say to us, or to each other, about your use of this service?

NUTRITION PLANNING COMMITTEE IS REORGANIZED

At the June 13 meeting of the National Nutrition Planning Committee, Miss Marjorie Heseltine of the Children's Bureau was elected to succeed Miss Jessie Harris as chairman. This Committee is made up of representatives from the Office of Education, Extension Service, Farm Security Administration, Children's Bureau, American Red Cross, Nutrition Programs Branch of Office of Distribution, and the Bureau of Human Nutrition and Home Economics. These are the agencies that have field representation at the State or local level or that make a major contribution to data that are basic for the development of the nutrition program. This representation includes both the agency's field viewpoint and its administrative viewpoint. In matters requiring formal action, each agency has one vote, whether it has one or two official representatives. Although each agency is represented by not more than two official members, it was agreed that regular field agents in the agencies represented are welcome to attend meetings of the committee when they are in town so that they may be more directly informed and may bring into the discussions reactions based on their field experiences.

NUTRITION ITEMS

The Food and Nutrition Board of the National Research Council reviewed all the major nutrition surveys made in this country during the past 10 years and concluded that inadequate diets are widespread in the Nation and that deficiency states are rife in this country among persons of all ages.

The evidence indicates that vitamin C deficiency is probably as common as vitamin D deficiency. Apparently the most critical scurvy period is from the third to the eighteenth month, but a child may still have rickets until he's 14 years old.

It has been estimated that before Pearl Harbor less than 20 percent of the industrial workers had access to any type of in-plant food service. Recent surveys by WFA have indicated that by January 1, 1944, 33 percent of the 20 million persons working in war industries could be served in the plants. By January 1, 1945, in-plant feeding is expected to be established for 60 percent of the workers.

Vitamin A is being allocated in large enough amounts to fortify all table mar-

garine, both for domestic civilian use and export under lend-lease.

Commercial bakeries are now required to enrich all white bread and rolls.

About 65 percent of all white flour used for food in the United States is enriched either by millers, blenders, or bakers. It is estimated that about 75 percent of family flour is enriched. No Federal order to enrich family flour has been issued but Alabama, Kentucky, Louisiana, Mississippi, South Carolina, and Texas have passed laws requiring enrichment of all white flour and white bread. The Mississippi law will be effective September 1; the Kentucky law 6 months after the war; the others are in force now.

Methods of processing rice to conserve part of the vitamins and minerals have been developed commercially. The rice thus specially treated is called either "converted," "parboiled," or "male-kized," depending on the process.

Of practical interest are data on the major contributions that the "Basic 7" food groups have been found to make to the family diet. The figures given below have been taken from more detailed data assembled by the Bureau of Human Nutrition and Home Economics for 11 food groups, in its study of Spending and Saving in Wartime, made in the spring of 1942:

Green and yellow vegetables provided 39 percent of the vitamin A value of the diet; 31 percent of the ascorbic acid; 8 percent of the iron.

Oranges, tomatoes, and citrus fruits provided 35 percent of the ascorbic acid; 7 percent of the vitamin A in the diets using tomatoes abundantly.

Potatoes and other vegetables and fruits provided 26 percent of the ascorbic acid; 13 percent of the iron; 12 percent of the vitamin A; 11 percent of the thiamine; 9 percent of the riboflavin.

Milk and milk products provided 65 percent of the calcium; 43 percent of the riboflavin; 23 percent of the protein; 15 percent of the vitamin A.

Meat, poultry, fish, eggs, legumes provided 43 percent of the thiamine; 42 percent of the iron; 38 percent of the protein; 31 percent of the riboflavin.

Bread, flour, and cereals, provided 28 percent of the protein; 22 percent of the thiamine; 21 percent of the iron.

Butter and other fats provided 11 percent of the vitamin A; 19 percent of the calories.

NUTRITION EDUCATION WORKSHOP

A 2-week workshop was held at the Indiana State Teachers College, Terre Haute, Ind., in June for groups especially interested in nutrition education at the elementary-school level. It was sponsored by the United States Office of Education and the Nutrition Programs Branch, Office of Distribution. The attendance of 30 was made up of staff members of State teacher education institutions and State departments of education from different sections of the United States. Administrators were invited to participate during 2 days toward the end of the workshop. A list of the participants in the workshop has been sent to the chairmen of State nutrition committees.

Having as its ultimate goal the carrying of a nutrition message to young children, the workshop emphasized practical types of activities such as—

1. Observation in the laboratory school in grades one through eight where a variety of nutrition activities were developed in relation to the total program.
2. Participation in the school-lunch program and an experimental breakfast that were developed as educational experiences.
3. Participation in a laboratory course in home economics education with special emphasis on nutrition, for those planning to become elementary teachers. Course provided as a regular part of the summer session program of the college.
4. Examination and evaluation of visual aids in the teaching of nutrition.
5. Participation in the after-school cooking club carried on with children.

A series of reports was prepared by members of the workshop. The reports of committee groups were:

1. A plan of cooperative action of teachers, administrators, pupils, and organized agencies in establishing an effective nutrition education program in an elementary school.
2. A suggestive outline of a course in nutrition for teachers.
3. Suitable experiences and materials for children in the elementary school.

A full report of the workshop is being prepared. Chairmen of nutrition committees will be notified when this report is available.

CIVILIAN FOOD OUTLOOK

Second Half of 1944

The following statement concerning the civilian food outlook for the last half of 1944 was presented by Dr. William C. Ockey, Assistant Chief, Civilian Food Requirements Branch, Office of Distribution, at a food situation meeting arranged in Washington on July 3 by the Nutrition Programs Branch:

MEATS—The supplies of meat for civilian consumption for the last 6 months of 1944 are expected to average substantially lower than supplies available to civilians in the first 6 months, with the monthly supplies decreasing progressively during the period. The very high marketings of hogs from the record-breaking pig crops of the year 1943 have largely disappeared, although storage stocks are heavy and the anticipated volume of hogs available for slaughter during the next year, starting October 1, is indicated as being around 28 percent less than the 1943 crop. Between July 1 and October 1 market supplies of hogs will be made up of a substantial quantity of brood sows and other relatively heavy types, which will result in scarcities of the choice cuts of good pork. Marketings of beef cattle will remain at a relatively high level, with all marketing of grass-fed cattle being at their peak. This will be reflected in relatively less supplies of the choice beef cuts also. Noncivilian requirements for beef remain relatively high.

DAIRY PRODUCTS

Whole Milk—The production of all types of dairy products so far during the season has been favored by good-to-excellent pastures. Unless unforeseen difficulties arise in the feed production picture it is probable that for the next 6 months the supplies of whole milk will be about the same as were available in 1943. With the decrease in demand for corn, which will come about by the decrease in the number of hogs, whole milk producers may find it less difficult to purchase supplemental feeds, although high protein feeds will still be considerably scarce. A continuation of the high level of civilian demand is anticipated and in the last quarter of 1944 it is expected that the supply of

whole milk may be considerably less than the demand at ceiling price.

Butter—The indications are that civilian supplies of butter for the next 6 months will be approximately at the current level of consumption of around 12½ pounds per capita per year. Nothing in the production picture indicates any substantial variation away from this level. Butter will be considerably short of demand in many markets.

Evaporated and Condensed Milk—Noncivilian requirements of evaporated and condensed milk will be higher in the next 6 months than in the same period of the previous year, with about the same production. Therefore, it is expected that civilian supplies will be somewhat lower than last year.

Cheese—Because of the very high non-civilian demands for cheese it is expected that civilian supplies will remain much below demand at ceiling prices.

POULTRY AND EGGS

Eggs—It is expected that egg production, until at least December 1, will decrease more than seasonally. Large storage stocks will be available for consumption during the next 6 months which will make supplies rather ample but not in surplus. Relatively good prices will prevail. Present indications point to about a 10-percent decrease in the number of layers at the end of the year. There were 10 percent fewer young chickens on farms on June 1 of this year than of a year earlier and it is likely that the number of chickens raised in the United States this year will be close to 17 percent smaller than in 1943.

Poultry—The poultry business is in process at present of going through at least a mild liquidation, with very heavy culling and marketings from all types of flocks. Supplies of poultry until December 1 will be substantially greater than supplies during the same period a year previous, and with the fewer number of layers on hand on December 1, there is not much chance that excessive supplies of eggs will be produced during the next season as was done the year previous. So far chicken prices have held up well, with dressed birds selling at ceiling prices and live birds slightly under. Demand for poultry, consistent with the demand for all meats, is expected to remain high.

FATS AND OILS, excluding butter—Production of animal fats and oils in the last 6 months has reached record proportions owing to the very high level of live-stock marketings. From now on, however, hog marketings will decline to a lower level so that with a reasonable feed production to prevent any violent liquidation of cattle, the supplies of animal fats available to civilians will decrease to a lower level than has prevailed in the last 6 months. Present crop indications point to no increases in the supplies of vegetable oils but also no substantial decreases so that it seems probable that civilian supplies of fats and oils will seek a somewhat lower level but still be relatively ample if no substantial demands are made upon current production for relief feeding. A substantial stock pile of lard has been built up with commercial stocks of lard on June 1 being considerably below normal. No substantial stock piles other than lard have been built up so that any relief feeding would of necessity come from the comparatively good stocks of all types of fats and oils in commercial channels.

FRESH VEGETABLES—Demand for fresh vegetables is at a high level and prevailing prices have tended to increase acreage in most areas. Therefore, it is expected that the normal supplies available seasonally during the next 6 months will be comparatively ample at good prices.

CANNED VEGETABLES—Indications point to a supply of around 15 percent less canned vegetables available for civilians from the 1944 pack as compared with the 1943 pack. The recent no-point values on most of the major vegetables were evidently designed to move the remaining parts of the 1943 pack before the 1944 pack becomes available. Indications point to a resumption of point values on the major canned vegetables in the near future, with the resumption of point values on canned tomatoes, canned peas, and asparagus being made effective on July 1.

POTATOES—Present indications are that the acreage of late potatoes will be slightly below that of last year. Yield per acre in 1943 was very high, which substantially accounted for the comparatively heavy potato supplies. Ample supplies of late-grown potatoes will be available to civilians this year but it

seems probable that no excessive surplus situation will develop. Supplies of late summer potatoes to come on the market in the next 3 months are comparatively ample.

FRUITS—Present indications are that the supplies of fresh deciduous fruits during the last 6 months will be much above the supplies available during the same period last year. The early peach crop is estimated to be two-and-one-half times greater than the early peach crop last year, and present indications are that the apple crop will be much greater than last year, especially in eastern producing areas. Supplies of citrus fruits, at least until December 1, will be about 15 percent above last year and the condition of citrus groves so far indicates a continuation of the relatively high production experienced from the 1943-44 citrus bloom.

CANNED FRUITS—The commercial pack of canned fruits is expected to be substantially greater than in 1943 but the heavier noncivilian requirements are expected to result in civilian supplies about the same or slightly lower than prevailed last year. Supplies of practically all canned fruits available to civilians are much below civilian demand at ceiling prices.

CEREAL GRAINS—Present indications are that we will have better than 1 billion bushels of wheat produced from the fall and spring wheat crops harvested this year. The largest crop on record is expected and therefore prospective total supplies indicate ample quantities for all food needs, with substantial quantities remaining for possible livestock feed and industrial uses.

NOTES FROM THE FIELD

NEW YORK CITY—In order to arouse interest in nutrition and to help the community with its food problems, the nutrition class at Seward Park High School prepared an interesting program for parents' night. A skit in the form of a radio program included stories about the discovery of vitamins, talks on the care and preparation of food, and reports of animal experiments which prove the relation of food to normal growth and optimum health.

In connection with the program, new posters were displayed and literature was distributed. Exhibits in four large showcases stressed adequate meals, wise use of the food dollar, and best sources

of certain minerals and vitamins. This is written as a suggestion for similar programs in other schools.

IOWA—"Eggstra Specials" have been sent out by the Iowa State Nutrition Council to their 200 town and county nutrition chairmen. These 1-page mimeographed releases are to encourage the consumption of eggs when they are in abundance and to suggest to the chairman ways of seeing that more eggs are used in her local community. They are colorful and written in a clever style that makes good reading.

CALIFORNIA—The Ventura County Food and Nutrition Committee is anxious to see more stimulus given to the teaching of good food habits in elementary grades, and is therefore working with the County Superintendent of Schools in developing tools for the elementary teachers to use. When their Teachers' Institute convenes in August, the committee hopes to have a part of the time devoted to a trial workshop program in nutrition education. Nutrition workers hope this will be just the beginning of many more such programs to assist elementary teachers in contributing to nutrition education.

NORTH DAKOTA—Girl Scouts will man the Clearance Centers in one county in North Dakota. Space will be secured in business establishments in the towns throughout the county. Those who have extra vegetables will inform the center, and the Girl Scouts will tell those who call requesting vegetables where and when they can get the kinds they need. The centers will be in operation several days each week during the vegetable season.

COLORADO—During August, Colorado's Nutrition Council is sponsoring five District Nutrition Institutes for county and city nutrition members. These 1-day institutes will be held in Greeley, Denver, Pueblo, Alamosa, and Grand Junction. Their aim is to show and discuss various methods used in nutrition education—how to make nutrition function through demonstrations, through example, through exhibits and nutrition literature, animal experiments, films and film strips, talks, publicity, and skits. Suggestions will be developed for solving problems of county nutrition committees. An "Information Please" program will be a high light of each institute.

ARKANSAS, OKLAHOMA, AND ILLINOIS

NUTRITION CLINIC DEMONSTRATIONS

In order to demonstrate the various types of malnutrition occurring in their local communities, the State and county health departments and nutrition committees of Arkansas and Oklahoma have cooperated in presenting nutrition clinic demonstrations within their respective States. Medical officers of the United States Public Health Service, detailed to the Nutrition Programs Branch, assisted with six demonstrations held in Arkansas and with five held in Oklahoma. One of the two clinics in Little Rock was held in cooperation with the Negro Nutrition Committee. Illinois, in connection with one of its State nutrition conferences for chairmen and members of county committees, had a clinic demonstration in Springfield with about 70 percent of the county committees represented. Plans for the clinic were made and carried out by the State health department assisted by the medical officers mentioned above.

These recent clinics have been conducted in much the same manner as the earlier clinics described more fully in the April Nutrition News Letter, with actual cases of nutritional deficiencies shown. They have been well attended by representatives of many agencies and groups.

MARYLAND—The Baltimore Nutrition Committee has cooperated in the use of a novel idea—the Canning Caravan—to reach all homemakers who are interested in attending a canning demonstration. This is a mobile kitchen with authorized Red Cross nutrition instructors giving canning demonstrations to small clubs and groups of women where there are no other demonstration facilities. There has been a good reception to this scheme already, and posters announcing it are bringing in more inquiries. This is an idea for reaching scattered groups with food demonstrations other than those on food preservation; in fact, it has been used with success in Scotland where experts give cooking demonstrations from a van as they tour the isolated villages.

WYOMING—When county and local committees in Wyoming ask what other counties are doing in their nutrition work, the State Nutrition Committee has the State Scrapbook to show them. Each county has a division in the large scrapbook; the

committees send newspaper articles, pictures of exhibits and demonstrations, food and health posters, quarterly reports, and other interesting bits of information to give a picture of their activities. The Scrapbook is sent out upon request and the executive secretary takes it with her on field trips. Although it was started only in January of this year, it has already proved helpful.

INDIANA—At Indiana University an adult class was organized for women working as cooks in Bloomington's five grade schools. For 3 weeks, home economics seniors helped plan the lessons, prepare food, and occasionally helped with part of the lesson. The course gave students a better understanding of adults and methods of teaching classes for them as well as an understanding of school lunch problems. The cooks benefited by learning better methods of preparing foods, of organizing their daily work, of sanitation, etc. Probably the greatest benefit was received by the children served the school lunches.

KANSAS—When 70 children who will enter school next fall were given medical examinations at Newton, they were also checked by a nutritionist before or after the doctor's examination. Since mothers or fathers accompany the children, it gives an opportunity to carry nutrition education to the entire family. In checking the children's food, the nutritionist explained why the protective foods are necessary and made suggestions if the child had food problems. Each mother was given a "Basic 7" chart to take home. In Riley County, the nutrition chairman has also worked with the county health office in examining children.

Mrs. Elma Ibsen, executive secretary for the Kansas State Nutrition Committee, has been working closely with restaurant personnel in an effort to assure those who eat their meals away from home of nutritious foods. She has prepared three articles for the Kansas Restaurant Magazine: A "Victory Food" Recipe, List of Abundant Foods, and Desirable Practices in Food Preparation and Serving.

MICHIGAN—Miss Mabel MacLachlan, head dietitian at the University of Michigan Hospital and member of the State Nutrition Committee had the patients score themselves for a 2-week period to see if

they were eating all the "Basic 7" foods. This was done by putting a cleverly designed folder on each patient's tray and was repeated at monthly intervals in order to reach a large group of people. She also placed FFFF folders on the tables in the hospital dining room to bring the objectives of the nutrition program to the attention of the entire personnel of the hospital.

MICHIGAN—Billy, the paper-block boy, was created last fall by Mrs. Warren Hall, chairman of nutrition for OCD in Wyandotte. He has now appeared before over 5,000 Wyandotte school children, helping to get the story of right foods for growing children across. Mrs. Hall starts out with seven boxes of different shapes, each one filled with examples of one of the "Basic 7" food groups. As she tells the story of the foods needed daily for health, she uses each box to form a part of the life-size paper boy's body. Billy Block makes an impression, for the children's mothers report an increased interest in healthful foods and more raw vegetables are appearing in lunch boxes.

WASHINGTON—Walla Walla County plans to have each member of their nutrition committee responsible for an exhibit in a trailer that will be scheduled by schools throughout the county. Both school children and parents will be invited to visit it. Victory gardens, food preservation methods, conservation of food nutrients by correct storage and cooking, and the use of new products such as soy beans are some of the things that may be stressed. If facilities permit there will be demonstrations and films shown emphasizing the information contained in the exhibition. Each exhibit will be explained by a committee member in charge and printed material will be available for parents or children to take home.

FLORIDA—The Jacksonville-Duval County Nutrition Division of Florida's Defense Council has established a successful information center in cooperation with the local gas company. This center is outstanding because of the other activities that have grown out of it. Volunteers at the center give a weekly nutrition broadcast and provide material for a daily newspaper column on food preparation. Through the help of the gas company, space was also provided for the "Tote-A-Lunch" club, a place where office workers and clerks who brought

lunch from home could eat their noonday meal in comfort and buy milk, tomato juice, or coffee at nominal cost.

OREGON—Yamhill County high school and elementary students have been shown the necessity of the right food by a traveling rat exhibit. Two sets of white rats have been sent out by the county nutrition committee so that students may observe the bright eyes, sleek fur, greater size, and cheerful disposition of a rat fed adequately in comparison with the stunted growth, dull fur, and nervous disposition of a rat on an inadequate diet. The response of the students indicates that animal feeding demonstrations still have value in nutrition teaching.

OHIO—Wayne County distributes food and nutrition pamphlets through the school children's teams collecting scrap paper. Each time a team calls at a home for waste paper, a leaflet or group of leaflets is left. Current newspaper articles call attention to the materials being distributed.

MISSISSIPPI—Nutrition committee representatives and others interested in school lunches plan expansion of a school lunch scheme that was begun on an experimental basis in one community last summer. The County Superintendent of Education sent a county school bus to each of the five communities surrounding a large consolidated school 1 day each week during the canning season to bring the women and their produce to the school home economics department. There they canned their foods under the direction of the supervisor, used county-owned cans, left half that they canned at the school for the lunchroom, and went home on the same bus carrying their canned food. Not only did they stock the lunch room shelves with canned foods, but the families had more canned food and less spoilage than they had had previously.

MISSISSIPPI—Every county nutrition committee in Mississippi has a "sponsor" or adviser in the person of a State or District home economist. Recently these sponsors requested a refresher course to acquaint them with the latest information on food and nutrition. Accordingly, they were brought together for 3 days of discussions, demonstrations, and other activities. Leaders in each field, selected from the group, helped to bring about a spirit of understanding and cooperation among home economists in all agencies and to iron out discrepancies in subject-matter teaching.

OKLAHOMA—Typical of the many activities carried on by nutrition committees are those of a county in Oklahoma. During the last year this county committee worked out an outline of nutrition lessons for elementary schools; thoroughly publicized through schools, clubs, press, and radio the need to reduce food waste; and aided in establishing a farm market where vegetables and fruits were sold daily.

NEW MATERIALS (Samples Not Enclosed)

"National Wartime Food Guide"—this new folder is a revision of the National Wartime Nutrition Guide. Will be available for September distribution by nutrition committees.

"Eat a Good Breakfast to Start a Good Day"—a new free folder which the BHN&HE is speeding to press for September use—when nutrition's the theme of the FFFF program. Written in simple, popular style, the folder is intended for such individuals and groups as factory and office workers, farm families, schools, Parent-Teacher Associations, nutrition classes, clubs, etc. Features include: a 3-point test for recognizing a good breakfast; analysis of some pattern meals from light to hearty; and helps toward solving problems that keep some individuals and households from getting a nourishing meal in the morning. AWI-107; free copies available from the regional Office of Distribution offices, on or before September 1.

"Tomatoes on Your Table"—a bulletin with the newest word on how to use tomatoes around the calendar, including uses for those green tomatoes picked just before the first frost. AWI-104, available free from regional Office of Distribution offices.

"Principles of Nutrition and Nutritive Value of Food"—a timely publication well described by its title. Written by the well-known authority, Dr. Henry C. Sherman, for the use of home economics teachers, extension workers, and other home economists and nutritionists. Misc. Pub. 546; single copies available free from United States Department of Agriculture.

"Instructor's Outline for the Food Preservation Course"—a multilithed bulletin prepared as a guide for teaching the 8-hour food preservation course for Red Cross chapters. Purpose: To teach reliable, practical home food preservation methods which will yield products free

from spoilage with maximum retention of the nutritive values. Available to instructors through Red Cross nutrition committees.

"Tennessee Home Food Supply Program"—new bulletin encouraging the farm families of Tennessee to enlist in the 1944 home food supply program. It gives some of the background of this successful program which is now going into its fifth year. Prepared by the Tennessee Department of Agriculture in cooperation with the Agricultural Extension Service of the University of Tennessee, Nashville, Tenn.

"Lick the Platter Clean"—an attractive 14" x 20" WFA poster to give impetus to the food conservation campaign. Free copies available at regional Office of Distribution offices.

Film Strips on Mess Improvement
Now available from State nutrition chairman are two 35 mm. film strips on Mess Improvement produced by the War Department: Part I, "Promoting Good Food Habits"; Part II, "Food for Health." Accompanying the film strips are four recordings and an illustrated Instructor's Reference for each part. The references contain the script of the recorded narrative so that the strips may be used either with a silent film strip projector or with a projector adapted to the use of a play-back machine.

NEW MATERIALS (Samples Enclosed)

"Egg Dishes For Any Meal"—a recipe and food value folder which supersedes "Egg Dishes at Low Cost." Additional copies of this BHN&HE publication, AWI-89, are available free from the regional Office of Distribution offices.

Sincerely yours,

M L Wilson

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